



Youth Swim Classes

Session #3 - January 11 - February 22, 2004

The Bridgewater Recreation Department will be sponsoring swim lessons with and held at the Somerset Valley YMCA for Bridgewater resident boys and girls ages 7 to 12 years old. *Proof of age is not required, but if your child is found not to be eligible for this class, your child will be expelled from session and no refund will be issued.* Lessons meet once a week at the Somerset Valley YMCA (Garretson Road in Bridgewater) for 45 minutes for seven weeks. No refunds, credits or make-ups will be given unless two or more classes are missed due to medical reasons.

Beginner – beginning level class for school-age children. It gets children acquainted with the pool, the use of floatation devices, and front and back floating. By the end of this level, they should know the front paddle stroke, side and back paddle, and be able to swim the length of the pool with a floatation device and with their face in the water. Diving skills are introduced as well.

Intermediate – the children continue to practice and build upon basic skills, now performing more skills without the aid of a floatation device. They are introduced to lead up strokes to the front and back crawl, sidestroke, breaststroke, and elementary backstroke. More diving skills are taught.

Advance – students work to perform the front and back crawl stroke, elementary backstroke, and sidestroke with turns. They are introduced to the butterfly stroke. They continue to work on diving skills.

For further course information call the Somerset Valley YMCA at (908) 526-0688.

Cost: \$105.00 per session – checks made payable to “Somerset Valley YMCA”

If you are signing up for more than one child or session, separate checks are required.

<u>Sundays</u>	<u>Sundays</u>	<u>Sundays</u>
2:00-2:45pm Beginner	2:45-3:30pm Beginner	3:30-4:15pm Advance
2:00-2:45pm Intermediate	2:45-3:30pm Intermediate	3:30-4:15pm Advance

Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department (Municipal Building – 700 Garretson Road). In-Person Registration for Bridgewater residents only begins on Saturday, August 9, 2003 from 7am-9am at the Bridgewater Municipal Building. Registration will continue during regular office hours (9am to 5pm Monday through Friday) until the classes are filled. Proof of Bridgewater Residency is required at the time of registration. For registration information call the Bridgewater Recreation Department at (908) 725-6373.

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2003 Youth Swim Classes – Session #3 (January/February)

\$105.00 Bridgewater Residents only – checks payable to “Somerset Valley YMCA”

Last Name: _____ First Name: _____
 Mailing Address: _____ Town: _____ Zip: _____
 Home Phone #: _____ Work/Cell Phone #: _____ Emergency contact # _____
 Date of Birth: ____/____/____ Age as of 1/11/04: ____ years & ____ months Circle Gender: Male or Female

<u>Sundays</u>	<u>Sundays</u>	<u>Sundays</u>
____ 2:00-2:45pm Beginner	____ 2:45-3:30pm Beginner	____ 3:30-4:15pm Advance
____ 2:00-2:45pm Intermediate	____ 2:45-3:30pm Intermediate	____ 3:30-4:15pm Advance

Injuries may occur. Please note that Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before the child participates. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.



 Parent/Guardian Signature

____/____/____
 Date